

**Hours:**  
**Mon – Thurs 10am-2pm**  
**Friday 10am-1pm**



**9401 Frederick Road**  
**Ellicott City, MD 21042**  
**410-313-1425**



**October 2016**

**Felicia Stein, Senior Center Plus Director; [fstein@howardcountymd.gov](mailto:fstein@howardcountymd.gov)**  
**Joyce Nagel-Mortell, Senior Center Plus Assistant Director; [jnagel@howardcountymd.gov](mailto:jnagel@howardcountymd.gov)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Coffee Talk 10:30 Finish the Line 11:00 Exercise with Vickie 12:00 Lunch 12:45 Paws4Comfort  <b>3</b>	10:00 Coffee Talk 10:30 Word Search 11:00 Exercise with Vickie 12:00 Lunch 12:45 Art with a Purpose  <b>4</b>	10:00 Coffee Talk 10:30 Jeopardy 11:00 Exercise with Vickie 12:00 Lunch 12:45 Music with Tom  <b>5</b>	<b>Aquatic Wellness Program, Art, Music and Lunch at Roger Carter Center 3000 Milltowne Drive Ellicott City, MD 10:00-2:00</b>  <b>6</b>	10:00 Coffee Talk 10:15 Good Old Days 10:45 BINGO 12:00 Lunch 12:30 Art with a Purpose  <b>7</b>
<b>Center Closed</b> <b>Columbus Day</b>  <b>10</b>	10:00 Coffee Talk 10:30 Word Search 11:00 Exercise with Vickie 12:00 Lunch 12:45 Music with Tom  <b>11</b>	10:00 Coffee Talk 10:30 Jeopardy 11:00 Dr. Dan 12:00 Lunch 12:45 Art with a Purpose  <b>12</b>	10:00 Coffee Talk 10:30 Music Trivia 11:00 Exercise with Vickie 12:00 Lunch 12:45 Art with a Purpose  <b>13</b>	<b>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00</b>  <b>14</b>
10:00 Coffee Talk 10:30 Finish the Line 11:00 Exercise with Vickie 12:00 Lunch 12:45 Paws4Comfort  <b>17</b>	10:00 Coffee Talk 10:30 Word Search 11:00 Exercise with Vickie 12:00 Lunch 12:45 Music with Ed  <b>18</b>	10:00 Coffee Talk 10:30 Jeopardy 11:00 Exercise with Vickie 12:00 Lunch 12:45 Thurston Howl  <b>19</b>	10:00 Coffee Talk 10:30 Music Trivia 11:00 Exercise with Vickie 12:00 Lunch 12:45 Music with Tom  <b>20</b>	<b>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00</b>  <b>21</b>
10:00 Coffee Talk 10:30 Finish the Line 11:00 Exercise with Vickie 12:00 Lunch 12:45 Paws4Comfort  <b>24</b>	10:00 Coffee Talk 10:30 Word Search 11:00 Exercise with Vickie 12:00 Lunch 12:45 Art with a Purpose  <b>25</b>	10:00 Coffee Talk 10:30 Jeopardy 11:00 Exercise with Vickie 12:00 Lunch 12:45 Music with Peter Birthday Party  <b>26</b>	10:00 Coffee Talk 10:30 Music Trivia 11:00 Exercise with Vickie 12:00 Lunch 12:45 SSA Chorus  <b>27</b>	<b>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00</b>  <b>28</b>
10:00 Coffee Talk 10:30 Finish the Line 11:00 Exercise with Vickie 12:00 Lunch 12:45 Music with Al  <b>31</b>				

*We have a new name!*

*Ellicott City Senior Center Plus is now* ➡



We are excited to announce the new name of our social day programs in Howard County. Connections is what we hope everyone makes every day they are at the center—connections with each other and continued connections in the community. Some of you may have helped us pick the final name by responding to our email survey about a month ago. If you did—thank you!

We plan to continue the same good work we have always done but we also want to grow and change to meet the needs and desires of the members. If a member would like to see a new program or activity, please share that idea with the staff. We welcome input from family members as well. Feel free to share information about the Connections Social Day Program with others who may benefit from attending. We have locations throughout Howard County and serve adults 18 and over. The other centers operate in North Laurel and Glenwood. Just ask the staff and they can CONNECT you!

## **Let's Celebrate our October Birthdays!**

Please feel free to join us as we wish a very happy birthday to Irene, Jay, Jovarn and Robert!

A big thank you to Gary Pon for the delicious cakes he bakes for our monthly birthday celebrations!

This month we will be celebrating birthdays on Wednesday, October 26th.

**Please welcome our CCBC OTA students  
who will be visiting our program every Thursday in October.**

Paws4Comfort dog Teddy will be visiting on Mondays in October at 12:45.

Paws4Comfort dog Duncan will be visiting on October 4<sup>th</sup> and 25<sup>th</sup> at 1:30.

★ TECHNOLOGY ★ INFORMATION ★ ENTERTAINMENT ★

# 50EXPO

PLUS

Howard County Office on  
Aging and Independence

**\$1 ADMISSION**  
**\$5 CAPITOL STEPS\***  
2 SHOWS: NOON and 2:00 P.M.  
All Admission and Show Proceeds Benefit the  
Vivian Reid Community Fund for Older Adults  
\* suggested donation

**COURTESY SHUTTLE** from The Mall in Columbia  
Only  accessible parking on-site at Wilde Lake HS

**MONDAY  
OCTOBER 31  
9:00 AM - 4:00 PM**  
Wilde Lake High School  
5460 Trumpeter Road, Columbia 21044

**EVENT HIGHLIGHTS**

- 10:00 a.m. Feature Presentation by AARP  
**Tracking Wellness with Technology**
- 170 Exhibitors
- **NEW!** Job Fair
- Flu Vaccines
- **NEW!** Tech-Savvy Seminars
- Health Screenings

**410-313-6410 (VOICE/RELAY) • [www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)**